



### *Nidanparivarjan in Amlapitta: Preventive and Curative Aspect.*

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#### **Abstract:**

Amlapitta is a disorder of Annavaha Srotas as per Ayurveda. Amlapitta (Acid Peptic Disorder) is very common emerging disease which is an abnormal pathological condition occurring due to indulgence in Ahara, Vihara, and Manasika Bhava which are of incompatible combination, faulty dietary habits, persistent intense stress, spicy and oily food and sedentary lifestyle. This condition can be managed using medications but it get relapse as soon as the Nidana (Etiological Factors) are taken. So, an approach should be done to tackle this problem like avoidance of Nidana i.e. causative factors responsible for Amlapitta Vyadhi. Ayurveda is recognized as ancient science and it has described ways for prevention of disease. 'Nidanparivarjan' is mentioned in Ayurvedic text which is useful for prevention of disease, treatment of disease, and to stop the recurrence of disease and hence it is mentioned as first line of treatment for any disease. So, Amlapitta

Vyadhi can be prevented and managed through Nidanparivarjan along with proper following of Pathya Apathya regimens mentioned in Ayurvedic text books. In this study all the etiological factors of Amlapitta have been studied and compiled through Ayurvedic texts, various articles are referred from Ayurvedic journals and internet surfing done. Nidanparivarjan means avoidance of etiological factors of Amlapitta which helps in prevention of Amlapitta disease in normal individual and management of disease in diagnosed patient of Amlapitta taking medications.

**Keywords:** Amlapitta, Acid peptic disorder, Nidan parivarjan, Ahara, Vihara, Mansika bhava, Pathya, Apathya.

**Introduction:** Ayurveda is the science of life which states us how to live healthy. The main objective of Ayurveda is to maintain the health of healthy person and to treat the disease and giving relief to sick person.<sup>1</sup>.

Amlapitta is Annavaha Srotas vyadhi as per Ayurveda and its incidence is increasing due to non observance of Dinacharya, Ritucharya, Sadvritta regimens, Viruddhahara sevan, Apathya sevan etc. The condition in which pitta becomes vidagdha and causes amlata is called as Amlapitta.<sup>2</sup>In modern concept we can corelate Amlapitta with Hyperacidity or Acid peptic disorder.

In 21st century era of modernization has changed lifestyle including dietary habits, sleeping habits,work timings, environmental and mental stress and this are believed to be the most important causative factors for Amlapitta Vyadhi. In Ayurvedic literatures all the Acharyas of Ayurveda focused on the Nidana of the disease first and gave the same importance as that of treatment of disease. Nidanparivarjan is to avoid the known disease causing factors in diet and lifestyle of patient. Nidanparivarjan is the most important principal as Ayurveda gives importance to Ahara,Vihara as treatment.

**Aim:** To study the concept of Nidanparivarjan in Amlapitta as prevetive as well as curative aspect.

**Objectives:**

- To study the Hetu of Amlapitta Vyadhi from Ayurvedic texts.
- To study the concept of Nidanparivarjan from Ayurvedic texts.
- To review literature of Amlapitta from Ayurvedic texts.

**Material and Methods:**

In this study all the etiological factors of Amlapitta vyadhi have been studied from

Ayurvedic texts. Various articles are referred from Ayurvedic Journals and internet surfing done.

**NIDANPARIVARJAN:**

It is essential and emphasized part of entire treatment.It is initiative factor in onset and development of disease hence, such type of diet and regimen which are causative factor to disease condition must be avoided. Through the treatment point of view it should be implemented at first as Acharya Sushrut states that, "*Sankshepatah kriyayogo Nidanparivarjanam*" i.e it is conclusive factor to an entire treatment.<sup>3</sup>

**Amlapitta Nidan:**

Amlapitta is multifactorial disease.

The etiological factors of Amlapitta Vyadhi can be broadly classified into following types:

- 1) Aharaj (Dietary)
1. 2)Viharaj (Life Style Related)
- 2) Manas (Psychological)
- 3) Kalaj (Seasonal)
- 4) Iatrogenic components.

**Aharaj Nidan(Dietary)<sup>4</sup>**

- Viruddhahara(Mutually incompatible foods)
- Dushta Ahara- Contaminated food.
- Amla- Sour foods
- Vidahi- Foods which cause burning sensation.
- Pitta Prakopaka Panna Anna- Food and drinks which aggravate pitta.
- Svahetu Upachitam Pittam- Pitta which has already accumulated in the body due to various aggravating factors (consumption of pitta

provoking foods, drinks, activities in Varsha Ritu)

Other dietary habits which are responsible for Amlapitta Vyadhi are as follow:

- 1) Inappropriate timings of food
- 2) Unhealthy food eating habits
- 3) Eating in excess quantity
- 4) Skipping Meals
- 5) Lesser intake of water
- 6) Repeated food intake(before the digestion of previously taken food)
- 7) Excessive intake of spicy, oily, contaminated food items<sup>5</sup>
- 8) Excessive intake of fermented food items like idli, dosa<sup>5</sup>
- 9) Excessive intake of very dry or very oily food items<sup>5</sup>
- 10) Excessive intake of food items which are hard to digest<sup>5</sup>
- 11) Fasting<sup>5</sup>
- 12) Excessive intake of stale food items<sup>5</sup>

#### **Viharaj Nidan (Related to Lifestyle)**

Vihar denotes the routine activities of an individual. Viharaj Hetu for Amlapitta Vyadhi are as follows:

- 1) Lack of rest
- 2) Fast moving lifestyle
- 3) Insufficient sleep at night
- 4) Sleeping immediately after taking meal<sup>5</sup>
- 5) Suppression of natural urges<sup>5</sup>
- 6) Excessive exposure to sun and fire
- 7) Inadequate physical exercise
- 8) Sedentary jobs(Computer operation)
- 9) Taking bath with hot water<sup>5</sup>

#### **Manas Nidan(Psychological Factors)**

- 1) Stressful lifestyle

- 2) Excessive anxiety, worry, anger, jealousy, fear
- 3) Job dissatisfaction
- 4) Psyc,Socio,Familial, Environmental Stress.

#### **Kalaj Nidan(Seasonal)**

Increased acidic content of water and consumption of newly harvested grains set a stage for pitta accumulation in the body during rainy season.in fact subsequent stage of pitta vitiation(Prakopa)is prevented due to cold ambience.When the Sharad Ritu sets in ambience changes in favour of pittaprakopa

#### **Iatrogenic Components:**

Prolonged use of anti-inflammatory drugs ,painkillers, and Antiplatelet drugs are found to be one of the main cause of Amlapitta and Subsequent development such as Udaravranam(Gastric or Peptic Ulcer)

#### **Nidanparivarjan in Amlapitta Vyadhi:**

##### **Aharaj Nidanparivarjan(Related to dietary habits)**

Dietary interventions can be of much benefit in Amlapitta vyadhi as the majority of causes are dietary.

1. Avoid taking Mutually incompatible food combinations such as Milk+Fruits, Milk+ Salt,Milk+Meat etc.
2. Avoid taking to dry and to oily food items.
3. Non vegetarian food items especially red meat and fish should be avoided.
4. Avoid tobacco, bidi, cigarette,pan, gutaka,mashiri.

5. Avoid consuming fermented food items.
6. Avoid consumption of strong tea, black coffee, junk food.
7. Avoid eating quickly and eating in hurry.
8. Do not skip hunger, avoid delaying eating hours.
9. Follow rules of good eating habits.
10. Masticate food well.
11. Avoid consumption of sour fruits.

#### **Viharaj Nidanparivarjan(Related to Lifestyle)**

1. Wake up early in the morning quickly.
2. Avoid day sleeping.
3. Avoid sleeping immediately after taking food.
4. Regular moderate exercise should be followed.
5. Avoid excessive workload.
6. Take proper relaxed sleep during night.
7. Morning walk is good for health so practise it regularly as it keeps the Amlapitta Vyadhi under control.
8. Practise Yoga postures like Pranayam, Suryanamaskar, Paschimottasan, Bhujangasan etc.

#### **Manas Nidanparivarjan(Related to Psychological factors)**

1. Refrain from anger and grief.
2. Keep the mind cool and happy.
3. Try to avoid high stress situations.
4. Practise Meditation.
5. Try to live a stress free life for healthy and happy living.

#### **Kalaj Nidanparivarjan(Related to seasonal factors)**

1) Avoid consumption of newly harvested grains and try to take little old grains in diet. for ex: diet should consist of little old rice.

#### **Related to Iatrogenic components**

1. Avoid taking medications such as painkillers without doctors advice.
2. Avoid frequently taking allopathic antacids for hyperacidity.

#### **Pathya and Apathya in Amlapitta Vyadhi:**

Pathya is referred to the Ahara and Vihara which causes the pacification of disease. Apathya is referred to the Ahara and Vihara which causes complications and aggravate the disease.

It is very important to follow Pathya and Apathya to manage Amlapitta Vyadhi.

#### **Pathya in Amlapitta Vyadhi:<sup>6</sup>**

- *Yava: Barley*
- *Godhum: Wheat*
- *Mudga: Green grams*
- *Purana Rakta Shali: Old red rice*
- *Jangala Mamsa: Forest meat*
- *Taptasheeta jala: Boiled and cooled water*
- *Sharakara: Sugar*
- *Madhu: Honey*
- *Sattu: Flour*
- *Karkotakam: Cucumber*
- *Karvellakam: Bitter gourd*
- *Patola: Pointed gourd*
- *Vridha Kushmanda: Old ash gourd*
- *Rambhapushpam: Flower of plantain*
- *Kapithha: Wood apple*

- *Dadima: Pomegranate*
- *Amalaki:Gooseberry*

### **Apathya in Amlapitta Vyadhi<sup>6</sup>**

1. Viruddhahara: Mutually Incompatible food items
2. Navanna: Newly harvested grains
3. Pittaprapakopaka Ahara
4. Tila: Sesame
5. Masha:Black gram or food items prepared from black gram
6. Kulattha: Horse Gram
7. Avidughda: Goat Milk
8. Lavana Ahara: Salt rich food
9. Amla Ahara: Sour foods
10. Katu Ahara: Hot and Spicy food
11. Guru Annam: Food items which are hard to digest
12. Dadhi: Curd
13. Nutana Madya: New wine
14. Nava Guda: Jaggery
15. Matsya: Fish
16. Aluka: Potato
17. Anupa Mamsa: Meat of Marshy land animals

**Discussion:** In today's era there is increased prevalence of chronic diseases with causative factors mostly related to diet and lifestyle. Among this Amlapitta Vyadhi which is a gastrointestinal tract disorder, has acquired majority of share with causative factors like improper diet habits and faulty lifestyle. In present study Nidan of Amlapitta and importance of Nidan parivarjan along with Pathya and Apathya in AmlapittaVyadhi is Studied. Various treatment principles are available in Ayurvedic texts which are comprehensive workable and cost effective but Ayurvedic

litretures mainly focused on prevention of the disease first it means 'prevention is better than cure and for this Nidanparivarjan concept is mentioned by Acharyas of Ayurveda which is helpful for prevention of Amlapitta Vyadhi in normal individual its management in person taking medications for Amlapitta and to prevent the further recurrence of the disease.

**Conclusion:** In Brihatrayi Amlapitta has not been considered as a separate disease entity. Acharya Kashyapa and Acharya Madhavakara have given a separate disease status to Amlapitta.

Amlapitta is a psychosomatic disease it means Manasikabhava plays major role along with Sharirika bhava. When Ahara, Vihara and Manasik condition gets disturbed they leads to Agnimandya which causes Amavisha or Ama formation and when the greedy person still indulges in eating leads to vidagdhapaka of pitta finally causing Amlapitta. It is a disorder caused as a result of Agnidusthi and it is chronic in nature as said by Acharya Madhavakara it is Yapya Vyadhi.

So, it can be concluded that Nidanas like Aharaj, Viharaj, Manasik, and Kalaj bhava plays major role to manifestation of Amlapitta Vyadhi. Ayurveda mainly focused on the Nidana of the disease first So, avoidance of Nidana i.e Nidanparivarjan along with proper following of Pathya Apathya regimens is most important factor for prevention of Amlapitta Vyadhi and it will also helpful for management and preventing future recurrence of the disease.

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